



### The Healthy Aging NC Initiative - the CDC Arthritis Grant



Healthy Aging NC, an initiative of the North Carolina Center for Health and Wellness (NCCHW) at UNC Asheville, offers easy access to, and information on, evidence-based health promotion and disease prevention programs in North Carolina. Healthy Aging NC connects people and agencies to the programs that improve community health, increases the capacity of agencies to offer these programs, [maintains a website](#) with current program information and online registration, and collects and analyzes data to report results.

#### **The Impact of Arthritis**

in NC Over 2 million (26%) of adults in NC have Arthritis and the prevalence of Arthritis increases as adults age. 54% of NC adults are limited in some way because of Arthritis or joint symptoms, and adults with Arthritis are often less active than adults without Arthritis. About half of adults with Heart Disease (49%) or Diabetes (47%) have Arthritis, as do one-third (31%) of those who are obese. About half the adults with Arthritis who also have heart disease, diabetes or obesity have some limitation of their normal activities because of Arthritis.

#### **The CDC Arthritis Grant**

NCCHW received a five-year CDC grant to address the impact of the chronic disease of Arthritis and increase awareness about Arthritis Management in North Carolina.

#### **Desired Impact for Adults (18 years and older) Diagnosed with Arthritis:**

- Reduced, or no increased percent of adults who report being *physically inactive*
- Reduced, or no increased percent of adults reporting *fair or poor health status*
- Increased percent of adults *who report they have ever taken an educational course or class to teach them how to manage problems* related to their Arthritis or joint symptoms by 1%
- Increased percent of adults reporting *walking for exercise* among their top two forms of exercise by 1%
- Reduced, or no increased percent of adults who report *severe joint pain* within the past 30 days
- Increased percent of adults *who report being counseled by a physician or other health professional to be physically active or exercise* to help manage their Arthritis or joint symptoms by 1%

Contact information: Nadia Mazza, [nmazza@unca.edu](mailto:nmazza@unca.edu), 828-250-3992  
NC Center for Health and Wellness at UNC Asheville  
[www.healthyagingnc.com](http://www.healthyagingnc.com)



Evidence-based Programs Supported by Healthy Aging NC and the CDC Arthritis Grant:

- Walk With Ease is a 6-week walking program that increases physical activity and reduces joint pain and stiffness.
- Living Healthy with Chronic Disease Self-Management Program (CDSMP) is a six-week program that builds confidence in managing symptoms of chronic conditions and improve overall health.
- Chronic Pain Self-Management Program (CPSMP) is a six-week program that builds confidence in managing chronic pain and improve overall health.
- Enhance Fitness is a 16-week exercise program that motivates individuals to stay active throughout their life.

CDC Arthritis Grant Strategies:

**1. Increase access to the evidence-based programs of Walk With Ease, Living Healthy with Chronic Disease Self Management Program (CDSMP), Chronic Pain Self-Management Program (CPSMP), and Enhance Fitness.**

- a. Provide low-cost CDSMP/CPSMP master training and CDSMP/CPSMP lay leader training
- b. Expand Walk With Ease leader training and programming
- c. Provide Enhance Fitness awareness (offered within the YMCA network)
- d. Support expansion of agencies to provide CDSMP, CPSMP, Walk With Ease, and Enhance Fitness with resources and materials
- e. Align evidence-based programs with worksite wellness

**2. Work with health care providers to raise awareness about evidence-based programs and the importance of physical activity/walking.**

- a. Identify partnerships with health care providers and health plans to support referrals to evidence-based promotion and physical activity/walking
- b. Connect health care providers to referral pathways for evidence-based programs, to include a focus on physical therapists
- c. Provide a “health and wellness resource coaching” system to refer people to evidence-based programs and physical activity/walking

**3. Promote walking through Walk With Ease and walking initiatives.**

- a. Promote the self-directed Walk With Ease program
- b. Align with walking campaigns, such as the NC Office of State Human Resources “Miles for Wellness Walking Challenge” and the NC Eat Smart Move More “Move More Walk Now NC” campaigns
- c. Align efforts with parks and recreation departments

**4. Raise awareness about Arthritis.**

- a. Plan and facilitate regional meetings to connect agencies to provide evidence-based programs
- b. Promote [www.healthyagingnc.com](http://www.healthyagingnc.com) for program and registration information
- c. Develop and share resources and promotional materials, including monthly bulletins and Facebook posts